

Helpful Words for Picky Eaters

Parents and caregivers play a big role in teaching children about healthy food. The words and phrases that are said at meal times can have a positive or negative impact on creating healthy eating habits. Try these ideas for turning negative phrases into positive, helpful ones!

Phrases That HINDER:	Phrases That HELP:
<p>Instead of...</p> <p>"Eat that for me."</p> <p>"If you do not eat one more bite, I will be mad."</p> <p><i>Phrases like these teach your child to eat for your approval and love. This can lead to unhealthy behaviors and beliefs about food and about themselves.</i></p>	<p>Try...</p> <p>"This is kiwi fruit; it's sweet like a strawberry."</p> <p>"These carrots are very crunchy!"</p> <p><i>Phrases like these help to point out the taste or texture of a food. They encourage a child to try new foods.</i></p>
<p>Instead of...</p> <p>"You're such a big girl; you finished all of your peas."</p> <p>"Jenny, look at your sister. She ate all of her bananas."</p> <p>"You have to take one more bite before you leave the table."</p> <p><i>Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full, rather than when all of the food has been eaten.</i></p>	<p>Try...</p> <p>"Is your stomach telling you that you're full?"</p> <p>"Is your stomach still making its hungry growling noise?"</p> <p>"Has your tummy had enough?"</p> <p><i>Phrases like these help your child recognize when he or she is full. This can prevent overeating.</i></p>
<p>Instead of...</p> <p>"No dessert until you eat your vegetables."</p> <p>"Stop crying and I will give you a cookie."</p> <p><i>Offering certain foods, like desserts, in reward for finishing others, like vegetables, makes some foods seem better than others. Getting a food treat when upset teaches your child that eating will make them feel better. This can lead to overeating.</i></p>	<p>Try...</p> <p>"We can try these vegetables another time. Next time would you like to try them raw instead of cooked?"</p> <p>"I am sorry you are sad. Come here and let me give you a big hug."</p> <p><i>Reward your child with attention and kind words. Comfort with hugs and talks. Show love by spending time and having fun together.</i></p>

Source: USDA's ChooseMyPlate.gov, Health and Nutrition Information for Preschoolers,
<http://www.choosemyplate.gov/preschoolers/picky-eaters/phrases-help-hinder.html>



Food Art: Cooking with Kids

Making food art can be an easy, fun way to get young children interested in healthy food. Letting your child touch, smell, and "play" with new foods can help them learn to like and eat those foods.

Try setting aside a planned snack time where children get to help "cook" and get creative with their food artwork. Be prepared for the fun to be a little messy! You may want to talk about how and when "playing" with food is allowed.

Lay out the materials and give each child plastic utensils and a plate "canvas." Suggest that they build faces, animals, monsters, cars, bugs, flowers, or letters.



Create food artwork using the following elements:

Foundation ideas: Bread, toast, English muffin, sandwich thin, rice cake, waffle, tortilla, lettuce leaves, bananas, round apple slices.

Glue/Cement ideas: Hummus, bean dip, peanut butter, mustard, cream cheese, yogurt, jam, pizza sauce, honey, light ranch dressing.

Decoration ideas:

Eyes/noses: Peas, corn kernels, carrot rounds, black olives, diced bell peppers, black beans, grapes, blueberries, raisins, cereal, nuts, pumpkin or sunflower seeds, or diced cheese.

Hair: Broccoli or cauliflower florets, sliced grapes, fresh dill or parsley, shredded carrots, shredded cheese, or cooked curly pasta.

Whiskers, Arms, Legs: Thin celery, carrot, or bell pepper strips, pretzel sticks, cooked noodles.



Be An Active Family



It can seem hard for many parents to find time for fitness and exercise while balancing work, school, and family. However, research shows that active parents and caregivers raise active children. The American Heart Association recommends that healthy children, ages 2 years and older, get an hour of active play every day. Children who make active play a part of daily life will have an easier time being at a healthy weight and avoiding health problems like heart disease, cancer, and stroke as adults.

While an hour may sound like a big piece of time to find every day, fun ways to get active as a family can become a part of your family's routine. Try these ideas for active time together:

- **Enjoy the outdoors!** Plan a time every day for an outdoor activity with your family, such as walking on a local trail, walking to a local park, or riding bikes around the neighborhood. Keep children interested by talking about what you see outside.
- **Plan family game time:** Take a walk or play a family game after dinner each night. Choose games that are active, like bowling, catch, hopscotch, or miniature golf.
- **Chip in with chores:** Rake leaves, wash the car, shovel snow, or weed the garden as a family.
- **Join a team:** Some children may enjoy joining a school or church sports team. Parents can make practice time more active by taking a walk around the field while watching children play, instead of sitting.

Source: American Heart Association, Ideas to Get Your Family Active, http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/GettingActive/Ideas-to-Get-Your-Family-Active_UCM_462368_Article.jsp

Cool Summer Recipes

Out of this Whirled Shake

Ingredients:

1/2 medium banana, peeled and sliced (try a frozen banana for a thicker shake)

1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)

1/2 cup low fat (1%), soy, or almond milk

1/2 cup 100% orange juice

Directions:

Place all ingredients in a blender container. Cover tightly. Blend until smooth. If mixture is too thick, add 1/4–1/2 cup water and blend again. Pour into 2 glasses and serve.



Makes 2 servings. Nutrition per serving:

110 calories, 1 gram fat, 2 grams fiber, 3 grams protein, 30 mg sodium

Recipe from:

www.fruitsandveggiesmorematters.org

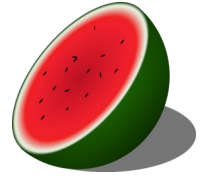
Watermelon Pomegranate Pops

Ingredients:

1 1/2 cups cubed seedless watermelon

1/2 cup 100% Pomegranate blueberry juice

** Any 100% fruit juice and any fruit can easily be blended together and then frozen for a healthy, homemade popsicle.*



Directions:

1) Combine the watermelon and juice in a blender and blend until smooth. Pour into four 3-ounce ice pop molds and freeze until firm, about 3 hours. To remove the pops from the molds, run under warm water to loosen.

2) If you don't have ice pop molds, divide the liquid between four paper cups. Cover each cup with foil, insert one craft stick through the center of each foil, and freeze.

Nutrition per popsicle:

30 calories, 0 grams fat

Recipe from: www.mealmakeovermoms.com

Banana Mango Overnight Oats

Ingredients:

1/2 cup old-fashioned oats

2 tablespoons sliced almonds, walnuts, or pecans

1 teaspoon flaxseed or chia seeds

1/3 cup low fat (1%), soy, or almond milk

1/4 cup low-fat vanilla yogurt

1 teaspoon honey (optional)

1/2 cup mixture of finely chopped mango and banana

**Try frozen, chopped mango for easier preparation*

Recipe from: www.mealmakeovermoms.com

Directions:

1) Place the oats, nuts, seeds, milk, yogurt, honey, and fruit in a pint-sized Mason jar, secure the lid, and shake or stir very well until everything is combined.

2) Place in refrigerator overnight. The oatmeal is ready to eat in the morning when the oats are hydrated.

Makes 1 serving.

(or 2 child-sized servings for young children)

Nutrition per serving:

350 calories, 10 grams fat, 7 grams fiber, 15 grams protein, 170 mg sodium



Healthy Kids Eau Claire County -

to inspire families to make healthy habits happen through reliable consistent education, resources, and support.

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"Let's Make it Work" is the theme of World Breastfeeding Week 2015; August 1-7.

The World Alliance for Breastfeeding Action (WABA) is committed to making the world a better place for breastfeeding families. This year's theme for World Breastfeeding Week focuses on spreading awareness of the importance of protecting a mother's right to work and breastfeed.



The benefits of supporting working mothers who choose to breastfeed are equally important for the families affected by it, as well as employers:

- Babies and mothers are healthier and less stressed, which improves health in both the short- and long-term.
- Breastfed babies tend to be sick less often, so families, employers, and nations save money from less missed work and reduced health care costs.
- Breastfeeding offers reduced financial strain on the family, which also improves health and sense of well-being.
- Mothers who have adequate time for expressing breastmilk at work are less stressed and more productive. Less stress equals happy employees!

"Let's Make it Work" together! Learn about ways you can help to support working, breastfeeding mothers at <http://worldbreastfeedingweek.org/>.

Source: World Alliance for Breastfeeding Action, <http://worldbreastfeedingweek.org/>

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FREE! Breastfeeding Class

Classes will be held at the Eau Claire City-County Health Department:

Wednesdays 6-7:30 PM:

July 8

August 12

September 9

Tuesdays 10-11:30 AM:

July 28

August 25

September 22

Call (715) 577-6154 for more information and to register today!

Topics covered in this class include:

- Benefits of breastfeeding for babies, mothers, and fathers
 - How breastfeeding works
 - Latching on and positioning
- Frequency and duration of feedings
- How to know your baby is getting enough to eat
- Strategies for returning to work or school
- When and where to get help if you need it